

GOLDEN GAZETTE

A Monthly Newspaper for Senior Adults in the Fairfax Area

OCTOBER 2005

Serving Seniors for 29 Years

VOL. 29, NO. 6

James Lee Senior Center Athletes Compete in National Senior Olympics This Summer



Members of the Virginia Silver Stars Women's Basketball Team (75-79 age bracket) display their medals. *Pictured (left to right) Mary Boska (age 79); Team Captain Bernie Kliensmidt (age 83); and Bill Dunn, Senior Center Director. Not pictured: Rusty Dowling (age 78); Jenny Fant (age 75); Terry Hamilton (age 76), and Josephine Stewart (age 80). The team practices at James Lee on Tuesdays at 12:30 p.m. (Photo by Mary Bennett, James Lee Senior Plus director)*

This is an abridged version with links to senior centers and county tours. Policy prohibits publishing the ads that are included in the print version.

If you would like to receive the print version on a monthly basis, please e-mail kathy.wilson@fairfaxcounty.gov. It's free! Large-print and recorded formats also are available.

Diabetic Patients Should Take Simple Precautions to Help Save Their Feet

by Kenneth R. Wilhelm, DPM

Taking a minute or two every day to inspect your feet and observing a few simple rules can make the difference in sparing diabetes patients from a preventable outcome of the disease—foot amputation. An estimated 7 in 10 diabetic patients have nerve damage that impairs feeling in their feet. Fifteen percent eventually will develop a foot ulcer. Among those with ulcers, one in four will lose a foot. Each year more than 86,000 amputations are performed as a direct result of diabetes. Studies show half of those who have one foot or leg amputated will lose the other within 5 years. Proper diabetic foot care prevents foot loss.

Of all diabetes-related complications, a serious foot ulcer and subsequent amputation might be the most preventable with proper care and vigilance in checking the feet at least once a day for small cuts and other abrasions. Even those with good control of their blood sugar can experience foot ulcers, especially if neuropathy, a frequent diabetes complication, has caused decreased feeling on the bottom of their feet. Loss of sensation inhibits the body's normal pain response. As a result, walking can apply repetitive, unfelt pressure to a wound making it larger and deeper. Left untreated,

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Daylight Saving Time Ends

**Sunday, October 30, at 2:00 a.m.
Turn Your Clocks Back 1 Hour!**



GOLDEN GAZETTE

Published by the

COUNTY OF FAIRFAX, VIRGINIA

Department of Family Services

FAIRFAX AREA AGENCY ON AGING

12011 Government Center Parkway

Suite #708

Fairfax, VA 22035-1104

Telephone: 703-324-5411

Toll-Free: 1-866-503-0217

TTY: 703-449-1186

FAX: 703-449-8689

Web Site: www.fairfaxcounty.gov/service/aaa. The Golden Gazette is online.

The *Golden Gazette* is a free, monthly newspaper dedicated to serving persons age 60 and over in Fairfax County and the cities of Fairfax and Falls Church.

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Publication of advertising contained herein does not constitute endorsement.



To comply with the Americans With Disabilities Act, the *Golden Gazette* is available in large-print and recorded formats. Call **703-324-5633** to request an alternative format.

DEADLINES

ALWAYS the first of the month a month in advance (for ads, ad payments, and announcements).

The next deadline is November 1 for the December issue.

ADDRESS ADDITIONS/CORRECTIONS AND CONTRIBUTIONS

Although the *Golden Gazette* accepts limited paid advertisements, reader contributions are critical to ensure continuation of the publication. We are very grateful to all of you who do send contributions, regardless of the amount (the average contribution is about \$7.00). **Please note that contributions are entirely voluntary.**

If you have an address change, are receiving duplicates, or if you would like to make a contribution, please complete the form below and mail to: ***Golden Gazette, Area Agency on Aging, 12011 Government Center Parkway, Suite 708, Fairfax, VA 22035-1104.*** Checks should be made payable to **Fairfax County**. Please list your current address below or attach your mailing label and check the appropriate lines. If you prefer to call about address changes, the number is **703-324-5633**.

____ Contribution check attached.

____ I am NOT currently on your mailing list. Please add my name and address.

____ I am already on your mailing list.

____ I am moving. My new address in the Fairfax area will be:

NAME _____

CURRENT ADDRESS _____

Zip: _____

NEW ADDRESS (if applicable) _____

Zip: _____

The names and addresses of persons receiving the *Golden Gazette* are subject to disclosure pursuant to the Virginia Freedom of Information Act, VA Code Sec. 2.1-340 thru 346.1. Inquiries or complaints concerning this policy should be directed to the Fairfax Area Agency on Aging, 12011 Government Center Parkway, #708, Fairfax, VA 22035-1104.

The Fairfax Area Agency on Aging contracts with Southern Maryland Printing in Waldorf, MD, for printing and mailing services.

Commission on Aging Monthly Meeting

The Fairfax Area Commission on Aging (COA) will meet on **Wednesday, October 19, 1:00 p.m.**, at Supervisor Bulova's office, Braddock Hall (adjacent to the Kings Park Library, 9002 Burke Lake Road, Burke). A public comment period is held at the beginning of each meeting. (Note: The COA meets on the third Wednesday of each month, **except August.**)

Call **703-324-7746** for information or to be placed on the mailing list. If you need a sign language interpreter or any special accommodation or auxiliary aid, please call the Fairfax Area Agency on Aging at **703-324-5411** (voice) or **703-449-1186** (TTY) at least five working days in advance of the meeting. There is no charge for these services.

Preparing Financially for Disaster

by Tim Murray, Certified Financial Planner™ Professional

Disasters—hurricanes, earthquakes, terrorist attacks, or wildfires—are an inevitable fact of life. Just as you might protect in advance your house and personal belongings from disasters, so, too, you must prepare and protect your personal and financial information.

But what does that entail?

What is the near equivalent of boarding up your windows for your personal and financial information? It simply means that you need to back up, document, and record all of your personal and financial information to go along with those records (photos, videos, etc.) you keep for insurance claims substantiation purposes. These records could be photocopies, electronic images, computer files burned onto a CD-ROM or an online backup service.

Though not completely exhaustive, you need to make copies of your personal and financial documents, including birth, death, and marriage certificates; social security cards; passports; credit/debit cards; medical records; identification, including your driver's license; bank and brokerage accounts; house deeds, mortgage and home equity notes; car title; insurance policies and agent contact numbers; tax returns for the past 3 years; the location of wills, trusts, and powers of attorney; names and contact numbers for executors, trustees, and guardians; a list of financial advisers and their contact information; and a list of user IDs and passwords for online accounts.

You also need to complete and create a copy of your household inventory, e.g., take and store photographs or a video of personal belongings, jewelry and furniture, etc. Regardless of the method used to document personal belongings, you need to write a brief description of each item, including cost, age, manufacturer, model, and serial number for each item. Copies of receipts or appraisals are necessary for any expensive items, including jewelry, art work and collectibles.

Why do you need to copy this information?

Heirs, professional advisers, and individuals need this information to rebuild a financial life in the wake of a disaster. In some cases, individuals

might consider storing originals of such information in one place, such as a safe deposit box or a fireproof safe in your home. In many cases, however, experts recommend that people planning for disaster, mail a copy of their records to a relative, friend, or professional adviser in another part of the country.

The reason?

Disasters, such as hurricanes or tornadoes, often affect whole regions or parts of the country. If copies of your important documents are in another part of the country, you'll be able to rebuild your financial life much more quickly than if you had to wait for cell phone towers to be repaired or electricity to be restored, or the safe in your home to be found. It also is important to tell the person to whom such information is being sent what to do if disaster strikes and original documents are destroyed. It is equally important that the copies be stored in a safe place.

Still others suggest using a belt-and-suspender approach to backing up personal and financial data. Some think it is a good idea not only to make photocopies of important financial and personal information, but also to use what the digital world has to offer these days. For instance, individuals should consider e-mailing attachments that contain personal or financial information to themselves or trusted advisers, family or friends. In addition, some even suggest using secure online backup services that store personal information for a fee. Two firms that offer such services include iBackup (costs \$100 to \$150 per year to store 4GB) or Xdrive. Some financial planners and law firms now offer similar services for important documents, including family photos.

Why use an online backup service?

Easy access is the big reason. Individuals can access their files from anywhere in the world. Documents also can be shared (on a password-protected basis) with advisers in

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How to Select the Best Nursing Home

By Evan H. Farr, JD, CEA

When someone is faced with the overwhelming task of finding a suitable nursing home or assisted living facility for a loved one, the question often asked is, "Where do I begin?" Although this is a job that no one wants to do, it can be done with forethought and confidence that the best decision was made for everyone involved.

Step 1: Determine what is most important in looking for a facility. The resident's needs and desires also must be included in this evaluation. Variables such as location of the facility, whether a special care unit is available, and what types of payment sources are accepted should be considered.

Step 2: Identify the facilities that meet your criteria. If placement is not urgent, you can telephone each nursing facility in your nearby area and ask for its information packet, including an activity calendar and a menu. Your local Area Agency on Aging should also have resources and helpful aids for assisting you in finding and comparing nursing homes. If you have Internet access, probably the most helpful of all resources is Medicare's Nursing Home Quality Compare Web site at www.medicare.gov/NHCompare—here, you can obtain detailed information and ratings on each nursing facility that interests you.

Step 3: Tour the facilities. Don't schedule your visits in advance. Just show up during regular business hours. You should be able to meet with an administrative staff member who should be able to answer all your questions. Tour a second time, in the evening or on the weekend, to see if there is a drastic difference in the atmosphere of the facility or the care being provided. It is important to tour at least two facilities so you can see the difference in the physical environment and the staff.

While you are touring the facility, pay attention to your gut feeling. Ask yourself: Do I feel welcome? How long did I have to wait to meet with someone? Did the admissions director ask about my family member's wants

and needs? Is the facility clean? Are there any strong odors? Is the staff friendly? Do they seem to generally care for the residents? Do the staff seem to get along with each other?

Step 4: Listen and observe. You can learn a lot just by watching and paying attention. Ask lots of questions. You want to be sure that the facility is giving proactive care, not just reacting to crisis. At www.virginiaelderlawattorney.com/nh-evaluation-tool.htm, you will find a comprehensive Nursing Home Evaluation Tool you can use when touring facilities, to help you keep track of which facility you like best. If you don't have Internet access, you may obtain this tool by contacting Evan Farr at **703-691-1888**.

Source: Evan H. Farr, author of the Virginia Nursing Home Survival Guide, is an elder law attorney and Certified Estate Advisor with the Farr Law Firm, a Fairfax firm that focuses on helping individuals, families and small businesses in the protection, preservation and transfer of wealth.

HEALTH INSURANCE QUESTIONS?

Call the Virginia Insurance Counseling & Assistance Program (VICAP) at

703-324-5851.

Alden Theatre Adds "A Taste of..." to Its Travel & Adventure Film Series

The Robert Ames Alden Theatre at the McLean Community Center is offering a new feature to its popular *Travel and Adventure Film Series*. New for the 2005-2006 season, a tasty sample of the food of the featured region's cuisine will be served, free of charge, prior to the screening of selected films.

Individual tickets for each film are \$9 per person; \$7 for McLean district residents. Enjoy all eight films (and priority seat selection) for just \$50; \$40 McLean district residents.

For more information on the film series and Alden Theatre's 2005-2006 season, call **703-790-0123**, TTY 703-827-8255, or visit www.mcleancenter.org. The McLean Community Center is at 1234 Ingleside Avenue, McLean.

THE DAUERNHEIM FAMILY—VOLUNTEERS OF THE MONTH

by Retha Lockhart, Volunteer Services Coordinator

The Dauernheim family has been volunteering with the Fairfax Pets on Wheels (POW) program for 4 years after seeing an ad in the *Washington Post*. Lisa and Brian began as a couple with their dog Max. Two years later, their family grew with the birth of Eleanor Grace (Ellie), their now 2-year-old daughter. Together they visit Iliff Nursing and Rehab Center. The residents love visiting with Max and Ellie. “They always have a smile on their faces when they see us coming,” says Lisa, and that makes our day.”

Max gets along well with the Dauernheim’s grandparents and he passed the “Canine Good Citizen” test, so the POW program seemed like the ideal way for them to help in their community. Since their relatives live in other areas, they wanted to help the elderly here with the hope that someone would do the same for their grandparents.

Brian grew up in New York, France, Belgium, and Illinois, and Lisa grew up in Michigan. They met while attending Michigan State University.

Lisa sings in the Georgetown Chorus and enjoys spending relaxing days at the spa—sans the toddler! Brian



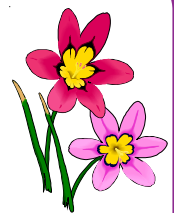
Lisa, Brian, Ellie & Max Dauernheim

enjoys curling (the winter sport with rocks and brooms) and hiking. Ellie loves dogs, making a mess, and she’s working on her singing.

The Dauernheims volunteer because they say the faces of the residents without fail will light up when they arrive and either Ellie or Max makes them laugh. “It’s a great thing to know that you’ve changed their lives in some small but meaningful way.”

The *Golden Gazette* is available in large print, recorded format, and online (www.fairfaxcounty.gov/service/aaa). Call 703-324-5633.

For information on volunteering at the Fairfax Area Agency on Aging, please call our Volunteer Intake Line: 703-324-5406.



**OCTOBER IS NATIONAL BREAST CANCER
AWARENESS MONTH**

Early Detection Saves Lives

In the United States, more than 211,240 new cases of invasive breast cancer will be diagnosed this year. Thankfully, significant progress in mammography technology is helping physicians diagnose the disease earlier. The sooner breast cancer is detected, the less likely a woman will need highly invasive and uncomfortable treatments, and the more likely she will survive the disease. As a result, breast cancer survivors make up the largest group of cancer survivors.

Mammography screening is the single most effective method of early detection. An annual mammogram is recommended for women over 40. A clinical examination by a health care professional also should be done yearly.

Women can take charge of their breast health by understanding their personal risks of the disease, performing a breast self-exam every month, and reporting any breast change promptly to their health care provider.

Special populations at risk for breast cancer include minority and older women. African-American women have a higher breast cancer death rate than women of any other racial or ethnic population. Many women over the age of 60 think that screening for breast cancer is not necessary. On the contrary, women over 60 are more at risk, not less, for breast cancer.

In an effort to encourage women to have an annual mammography screening, the third Friday in October has been designated as National Mammography Day. On this day, or throughout the month, women are encouraged to make a mammography appointment.

Throughout the year, low-cost or free mammography screening is available to women who are over 40 and underinsured or uninsured. To find a breast imaging facility, contact the National Cancer Institute at 1-800-422-6237.

For more information, contact the Centers for Disease Control and Prevention (CDC) at 1-888-842-6355 or visit the Web site at www.cdc.gov.

Disability Services Needs 5 Minutes of Your Time

The Fairfax Area Disability Services Board (DSB) represents people with physical and sensory disabilities in Fairfax County and the cities of Fairfax and Falls Church. Physical and sensory disabilities include hearing loss, deafness, vision loss, blindness, and medical conditions that make it difficult to move. The DSB advocates for the unmet needs of people with disabilities in the area and increased access to programs and services. It is 1 of 40 local Disability Services Boards throughout Virginia.

Every 3 years, all Disability Services Boards survey people with disabilities about services. They use the results of the surveys to develop local Needs Assessment Reports. The Fairfax Area Disability Services Board's report will determine what areas need funding and resources to improve the independence of people who have physical and sensory disabilities right here in the Fairfax area.

The Fairfax Area Disability Services Board needs your help! Please take the survey online at www.fairfaxcounty.gov/dsb/survey. Or ask for a copy of the survey by calling **703-324-5421**, **TTY 703-449-1186**, or by sending an e-mail to disabilityservices@fairfaxcounty.gov.

Thank you for taking the time to fill out the survey. The board can't advocate for your needs without your help.



Reminders

- ★ Please get a flu shot!
- ★ Personal Property Tax due Oct. 5.
- ★ Replace the old batteries in your smoke alarm.

SENIOR CENTER HIGHLIGHTS



These programs are administered by the Department of Community & Recreation Services, with the exceptions of the City of Fairfax and the City of Falls Church senior centers and the Gum Springs Community Center. If participation accommodations are needed in accordance with the Americans With Disabilities Act, please call 703-324-5544 or TTY 703-222-9693 at least 10 working days in advance of the event. **All events are free unless otherwise noted.** The symbol RR means reservations are required. These are just a few of the activities offered. Call the center nearest you for a complete listing or if you have questions. The Senior Centers will be closed on Monday, October 10, for Columbus Day.

<u>Bailey's</u> <u>Bailey's Community Center</u> <u>5920 Summers Lane</u> <u>Bailey's Crossroads, VA 22041</u> <u>Phone: 703-820-2131</u>	Wednesdays	10:00 a.m., Chair Exercise With Mindy.
	Wednesdays	12:30 p.m., Line Dancing With TJ. \$5/8-Week Session.
	Mon. 10/3	12:30 p.m., CVS Presents <i>Heartburn or Ulcer?</i>
	Wed. 10/12	10:00 a.m.-2:00 p.m., Flu Shot Clinic. Free With Medicare Part B.
	Mon. 10/17	11:00 a.m., Odyssey Health Care Presents <i>Hospice Service</i> .
<u>City of Fairfax</u> <u>4401 Sideburn Road</u> <u>Fairfax, VA 22030</u> <u>Phone: 703-359-2487</u>	Wed. 10/19	11:45 a.m., Nutritionist Presents <i>Eating Disorders</i> .
	Sat. 10/1	8:00 a.m.-2:00 p.m., Fall Flea Market. Tables available at minimal cost. Call 703-359-2487.
	Fri. 10/14	11:00 a.m.-4:00 p.m., Open House. Bring a Friend! Enjoy Lunch, Win Prizes, & Tour the Facility!
	Wed. 10/19	11:00 a.m., Songfellows Singing Group. Lunch \$3.
	Wed. 10/26	11:00 a.m., Sing-along With Chris Edward. Lunch \$3.
	Fri. 10/28	10:30 a.m., Halloween Murder Mystery. Lunch \$3
	Sat. 10/29	9:30 a.m., Pickleball & Cards. Lunch at 11:45, \$3.
<u>City of Falls Church</u> <u>223 Little Falls Street</u> <u>(Next to City Hall)</u> <u>Falls Church, VA 22046</u> <u>Phone: 703-248-5020/5021</u> Note: Blood pressure screenings are held the 2 nd and 4 th Tuesdays of the month, 10:00-11:30 a.m.	Mon. 10/3	10:15 a.m., Arlington National Cemetery. \$1 Van. (RR)
	Tue. 10/11	1:30 p.m., <i>Keeping Your Eyes Healthy</i> by Dr. Falls. (RR)
	Mon. 10/17	9:30 a.m., Harmon's Hayride. (RR)
	Tue. 10/18	1:30 p.m., <i>Refuse to Be a Victim</i> by Dee Wilson, Falls Church Police Officer.
	Fri. 10/21	10:15 a.m.-1:00 p.m., Arts & Crafts Festival.. \$6+\$1 Van. (RR)
	Mon. 10/24	8:00 a.m.-5:00 p.m., Trip to Harper's Ferry. (RR)
	Thur. 10/27	10:00 a.m.-12:00 p.m., Flu Shot Clinic. Free With Medicare Part B.
<u>Franconia/Springfield</u> <u>Lane Elementary School</u> <u>7137 Beulah St.</u> <u>Alexandria, VA 22315</u> <u>Phone: 703-924-9762</u>	Mon. 10/31	10:00 a.m.-2:00 p.m., Potluck Halloween Party. (RR by 10/24. Bring Dish to Share or Pay \$3 by 10/24.)
	Tuesdays	10:00 a.m., Looking for Bridge Players—All Levels.
	Wednesdays	11:00 a.m., Strength Training With Anne.
	Fri.	10:30 a.m., Line Dancing With TJ.
	Fri.	12:30 p.m., Bingo.
<u>Groveton at South County</u> <u>8350 Richmond Highway</u> <u>Ste. 325</u> <u>Alexandria, VA 22309</u> <u>Phone: 703-704-6216</u>	Wed. 10/19	12:45 p.m., Entertainment With Dave.
	Thursdays	12:30 p.m., Sewing Club.
	Wednesdays	10:30 a.m., Bridge
	Wednesdays	12:30 p.m., Computer Class.
	Wednesdays	1:00 p.m., Dance Club.
	Tue. 10/11	10:00 a.m., Old Country Buffet. \$. (RR)

S E N I O R C E N T E R

Gum Springs
Gum Springs Community Center
8100 Fordson Road
Alexandria, VA 22306
Phone: 703-360-6088

Mondays 10:00 a.m., Sewing and Quilting.
 Tuesdays 10:30 a.m., Ceramics.
 Wednesdays 10:30 a.m., Shopping/Bowling (Alexandria Bowling Center).
 Thursdays 1:00 p.m., Bingo.
 Fridays 10:00 a.m., Low-Impact Exercise.

Herndon Senior Center
873 Grace Street
Herndon, VA 20170
Phone: 703-464-6200

Mon. 10/3 10:30 a.m., Learn How To Tell Your Life Story.
 Wed. 10/5 1:00 p.m., Travel Training Movie Premiere Gala.
 Thur. 10/13 10:00 a.m. to 2:00 p.m., Rummage Sale
 Wed. 10/19 12:45 p.m., Accordion Music Oktoberfest Birthday Celebration.
 Thur. 10/27 10:45 a.m., *History on a Bun* Lecture Series on Food Customs.

Hollin Hall
1500 Shenandoah Road
Alexandria, VA 22308
Phone: 703-765-4573

Sat. 10/15 9:00 a.m.-2:00 p.m., Annual Bazaar! Best Craft Show in Town! 40 Crafters, Silent Auction, Food.
 Mon. 10/17 1:00 p.m., Dancing With DJ Steve, Come in Costume to Celebrate Halloween—Western-Rodeo Style! (RR)
 Fri. 10/21 9:30-11:30 a.m., Flu Shot Clinic. Free With Medicare Part B. (RR)
 Thur. 10/27 12:30-2:00 p.m., Flu Shot Clinic. Free With Medicare Part B. (RR)

James Lee
James Lee Community Center
2855 Annandale Road
Falls Church, VA 22042
Phone: 703-534-3387

Mon.-Fri. 9:00 a.m.-12:00 p.m., Fitness Center.
 Tuesdays 10:30 a.m., Beginner's Line Dancing. (RR)
 Wednesdays 10:30 a.m., Sewing.
 Wednesdays 12:30 p.m., Tai-Chi. (RR)
 Thursdays 10:30 a.m., Advanced Line Dancing. (RR)
 Fridays 12:30 p.m., Tai-Chi. (RR)

Lewinsville
1609 Great Falls Street
McLean, VA 22101
Phone: 703-442-9075

Wed. 10/5 12:15 p.m., CVS Presents *Heartburn or Ulcer*. Also Blood Pressure Check
 { Wed. 10/5 9:00 a.m.-3 p.m., 2-Day Bake Sale & Bazaar to Benefit
 { Thur. 10/6 Senior Center Activities.
 { Thur. 10/13 10:00 a.m.-3:00 p.m., 2-Day AARP Driving Safety
 { Fri. 10/14 Program. \$10. Must Register in Advance.
 Tue. 10/18 10:15 a.m., Mount Vernon Inn for Lunch.. (RR by 10/11)
 Sat. 10/29 10:00 a.m.-1:00 p.m., International Festival. Celebrate Our Wonderful Diversity With Food, Music, Dress, etc. Free Blood Pressure and Glucose Screenings.

Lincolnia
4710 North Chambliss St.
Alexandria, VA 22312
Phone: 703-914-0223

Tuesdays 10:00 a.m., Square Dancing, No Partner Required. (Fee).
 Thur. 10/6 10:00 a.m., Basic Computer Class, First of 4 Sessions. Call for Details. (RR)
 { Fri. 10/7 9:30 a.m.-3:30 p.m., Friday Bazaar.
 { Sat. 10/8 9:30 a.m.-1:00 p.m., Saturday Bazaar & Open House! Jewelry, Books, Clothes, Plants, and Food! Free Blood Pressure Checks.
 Tue. 10/11 10:30 a.m.-12:00 p.m., Blood Pressure Screening.
 Tues. 10/18 10:30 a.m., CVS Presents *Headaches*.

HIGHLIGHTS CONTINUED

Little River Glen
4001 Barker Court
Fairfax, VA 22032
Phone: 703-503-8703

Tue. 10/4 11:00 a.m., CVS Presents *Headaches*.
 Tue. 10/4 1:00 p.m., *Cathy's Corner* With Cathy From the Area Agency on Aging.
 Fri. 10/14 10:00 a.m., VIB (Visually Impaired/Blind Adult) Support Group.
 Wed. 10/19 1:00 p.m., Birthday Party With Barry Goodman Duo.

Lorton
7722 Gunston Plaza
Lorton, VA 22079
Phone: 703-550-7195

Tuesdays 12:30 p.m., Poker for Fun Group. (RR)
 { Tue. 10/4 12:30 p.m., *Durable Power of Attorney*. 2-Part Workshop
 { Tue. 10/18 With Elderlaw Attorney K. Cossa, PLC. (RR)
 Thur. 10/6 10:00 a.m., Franciscan Monastery Tour. Bring Your Own Bag Lunch for Picnic. \$. (RR)
 { Thur. 10/13 9:00 a.m.-2:00 p.m., 2-Day AARP Driver Safety Program.
 { Fri. 10/14 \$10. (RR)
 Fri. 10/21 12:30 p.m., Inova Flu Shot Clinic. Free With Medicare Part B. (RR)
 Mon. 10/31 12:30 p.m., Advisory Council Pumpkin and Cider Social and Birthday Cheers. Music by Ruth and Betty. (RR)

Pimmit Hills
7510 Lisle Avenue
Falls Church, VA 22043
Phone: 703-734-3338

Mon. 10/3 10:30 a.m., Flu Shot Clinic. Free With Medicare Part B.
 Thur. 10/6 10:30 a.m., Flu Shot Clinic. Free With Medicare Part B.
 Fri. 10/7 1:00 p.m., Line Dancing Class.
 Mon. 10/17 11:00 a.m., Jazzercise Class.
 Mon. 10/24 10:30 a.m., Computer Lab.

Sully
5690 Sully Road
Centreville, VA 20124
Phone: 703-322-4475/4479

Mon. 10/3 12:30 p.m., CVS Presents *Heartburn or Ulcers?*
 Tue. 10/4 10:30 a.m.-12:00 p.m., Art Class With Annette. \$10.
 Wed. 10/4 10:30 a.m., Jazzercise With Jennifer.
 Thur. 10/13 10:00 a.m.- 2:00 p.m., Franconia Moose Lodge Party .
 Sat. 10/15 9:30 a.m.-3:00 p.m., Oktoberfest on the *Odyssey* Cruise. \$57. (RR)
 Mon. 10/24 11:00 a.m., Charter Trip to Cracker Barrel in Manassas.

Wakefield
Audrey Moore RECenter
8100 Braddock Road
Annandale, VA 22003
Phone: 703-321-3000

{ Tue. 10/4 9:00 a.m.-2:00 p.m., 2-Day AARP Driver Safety Program.
 { Wed. 10/5 \$10. (RR)
 Wed. 10/12 12:30 p.m., Speaker: *Emotions & How to Cope With Them*.
 Fri. 10/14 11:00 a.m., CVS Present *Holiday Anxiety*.
 Tue. 10/25 10:00 a.m., Trip to Cracker Barrel Restaurant. (RR)
 Fri. 10/28 10:00 a.m.-2:00 p.m., Health Fair/Open House.

Additional Locations for Meals/Other Activities

David R. Pinn Community Center
10225 Zion Drive
Fairfax, VA 22032
Phone: 703-250-9181

Huntington Community Center
5751 Liberty Drive
Alexandria, VA 22303
Phone: 703-960-1917

FREE HOME REPAIRS

Fairfax County's Home Repair for the Elderly Program provides free home repairs to homeowners who are 62 or older, and/or disabled; and have a maximum income of \$40,600 for 1 person, or \$46,400 for 2 persons.

Typical services include:

- Minor electrical repair • Plumbing work • Painting
- Repairing steps, floors, etc. • Minor accessibility modifications

Fairfax County Residents - Apply now for **FREE REPAIRS**

Call 703-246-5154 TTY: 703-385-3578



Financial Preparation

Cont. From p. 3

different parts of the country. In addition, it is easy to update such information so individuals do not have to worry about which version is the most up-to-date.

Individuals need to back up other aspects of their financial life. For example, many individuals select executors, trustees, and guardians who live in the same state or in close proximity. However, a disaster could affect them as well. That's why experts always recommend that individuals have contingency plans (individuals from other states or parts of the country) for those responsibilities should the primary named individual be incapable or unwilling to serve in that capacity, if asked.

Selection of health care and financial decision designees might require the same considerations. As with executors and the like, experts often recommend naming friends or family members who live in other parts of the country as successors if the original people chosen are affected by a disaster.

Source: This column is produced by the Financial Planning Association, the membership organization for the financial planning community, and is provided by: Tim Murray, CFP®, CSA, an independent Certified Financial Planner™ Professional and Certified Senior Advisor with Murray Financial, Inc., in Chantilly, an independent financial planning firm providing fee-based (i.e., commission-free) investment advice.

Tim offers a complimentary initial consultation by phone and follow-up consultations on an hourly basis. He may be reached by phone at 703-810-8424; via the Web at www.MurrayFinancial.com; or by e-mail at: TimMurray@MurrayFinancial.com.

Inova Mount Vernon Hospital Opens Low Vision Center

Ninety-year-old Dorothy Dunn of Alexandria knew she had vision problems, but her glaucoma had been under control for years. Still, a trip to the grocery store had suddenly become very difficult. "I thought I needed new glasses," Dunn says. "I couldn't read what was down each aisle anymore." A trip to the doctor confirmed that Dunn had developed macular degeneration.

Dorothy Dunn is not alone. In the United States, approximately 1 in every 20 people suffers from a visual impairment or loss of vision. Most people develop low vision because of eye diseases and health conditions like macular degeneration, cataracts, glaucoma, and diabetes. Others develop vision loss after eye injuries or from birth defects. More than 13 million Americans are visually impaired by conditions that cannot be fully restored by surgery, medical treatment, conventional eyeglasses or contact lens prescriptions.

The new Inova Hazel E.R. Widner Low Vision Center, a service of Inova Mount Vernon Hospital, provides a collaborative approach to help patients continue to live independently and safely in their own home and community. A low-vision optometrist, who is trained to conduct a special low vision eye examination, works closely with a specially trained occupational therapist. Together, they determine how the specific visual impairments affect the patient's ability to perform everyday activities. The therapists train patients how to use visual and adaptive strategies and environmental modifications to use their vision more efficiently and effectively.

Patients also are taught to use low-vision devices such as magnifiers, telescopes, microscopes, PC magnification software and video magnifiers. Referrals to support groups and community resources also are made. "I have been so independent all my life," Dunn says. "The staff at the center showed me what was available to me so I could continue to take care of myself."

The Inova Hazel E.R. Widner Low Vision Center is named for its benefactor, Mrs. Widner, who suffered from age-related macular degeneration and wanted to help others learn to live with vision loss. Her generous gift has made this center a reality. For more information, call **702-208-6020**.

Source: Inova Health System.

Diabetic Feet *Cont. From p. 1*

diabetic ulcers lead to serious infections that may result in amputation.

Individuals considered at high risk for foot ulcers should have their feet checked every two to three months, but all diabetic patients should be checked at least twice a year, according to the American Podiatric Medical Association. It doesn't take long for infection to worsen and ulcers to occur without the patient being aware that anything is wrong. Diabetes carries an enormous health care burden, but being diligent about foot care is a prudent and simple way to avoid one crippling complication of this disease.

In foot exams performed by primary care physicians or podiatrists, patients should be checked for nerve sensation, skin irregularities (corns, calluses, punctures, and areas of redness), swelling, drainage, and foot deformities that cause unnatural pressure points that are prone to ulceration. In cases of deformities such as bunions and hammertoes, diabetic patients should consult a podiatric surgeon to determine the best treatment option to reduce possible future risk for ulceration, infection or amputation.

Foot and ankle surgeons use a variety of surgical and nonsurgical methods to heal diabetic ulcers, but stress early intervention yields the most favorable outcomes. Daily self exams are the best protection. Too often, patients fail to check their feet for small cuts or punctures that over time will ulcerate and become infected. If you have diabetes and see anything suspicious on your feet, consult a foot and ankle surgeon for diagnosis and treatment. Even a few days can make a difference in preventing serious foot problems from developing.

In some cases, amputation might be the preferred option. If vascular and podiatric surgeries cannot improve blood circulation and foot function or resolve infection, amputation may be the only solution that enables the patient to heal. Today, advances in prosthet-

ics make it possible for patients to return to an active lifestyle, a necessity for keeping diabetes under control.

Foot problems are not an inevitable consequence of diabetes. The risk can be lessened significantly by following a few simple precautions:

- Keep your blood sugar under control to help minimize cardiovascular and blood circulation problems.
- Lose weight, don't smoke, and adhere to prescribed dietary, medication and exercise regimens.
- Examine your feet daily for cuts and other small wounds that you may not feel.
- Never walk barefoot, outdoors or in doors.
- Cut nails carefully—not too short; never trim corns and calluses yourself.
- Wash your feet every day in lukewarm water; dry carefully.
- Choose comfortable shoes with adequate room for the toes.
- Wear clean, dry, nonbulky socks; change daily.
- Shake pebbles or bits of gravel out of your shoes before wearing.
- Seek treatment from a foot and ankle surgeon if minor cuts and sore spots don't seem to be healing.

Source: Dr. Kenneth Wilhelm is a podiatric physician and surgeon who has been practicing in Northern Virginia for 8 years. He has offices in Annandale and Alexandria. He resides in Fairfax County with his wife and four boys. For further information about diabetic foot conditions, contact Dr. Wilhelm at 703-379-0700 or visit www.FootPhysicians.com. He also may be reached via e-mail at Podken1@aol.com. Appointments may be scheduled via his office at 703-379-0700.

Library Hosts Briefings on Medicare Prescription Drug Benefit

The Social Security Administration will present briefings on the new Medicare prescription drug benefit at branches of the Fairfax County Public Library between October 1, 2005 and December 17, 2005. Beginning January 1, 2006, new prescription drug coverage will be available to everyone covered under Medicare. The briefings are scheduled at the dates, times and locations below. To register, call the specific branch, beginning two weeks before the program.

October 1. 11:00 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna, 703-938-0405.

October 3. 11:00 a.m. Fairfax City Regional Library, 3915 Chain Bridge Rd., Fairfax, 703-293-6227.

October 8. 1:00 p.m. Lorton Library, 9520 Richmond Hwy, Lorton, 703-339-7385.

October 14. 2:30 p.m. Pohick Regional Library, 6450 Sydenstricker Rd., Burke, 703-644-7333.

October 19. 7:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls, 703-757-8560.

October 28. 2:00 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church, 703-790-8088.

October 29. 2:00 p.m. Reston Regional Library, 11925 Bowman Towne Dr., Reston, 703-689-2700.

November 1. 7:30 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria, 703-339-4610.

November 2. 2:00 p.m. Sherwood Regional Library, 2501 Sherwood Hall Ln., Alexandria, 703-765-3645.

November 4. 1:00 p.m. Thomas Jefferson Library, 7415 Arlington Blvd., Falls Church, 703-573-1060.

November 5. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean, 703-356-0770.

November 7. 10:30 a.m. Richard Byrd Library, 7250 Commerce St., Springfield, 703-451-8055.

November 7. 7:00 p.m. Herndon Fortnightly Library, 768 Center St., Herndon, 703-437-8855.

November 9. 7:00 p.m. Martha Washington Library, 6614 Fort Hunt Rd., Alexandria, 703-768-6700.

November 12. 1 p.m. John Marshall Library, 6209 Rose Hill Dr., Alexandria, 703-971-0010.

November 12. 2:00 p.m. Centreville Regional Library, 14200 St. Germaine Dr., Centreville, 703-830-2223.

November 16. 7:30 p.m. Kings Park Library, 9000 Burke Lake Rd., Burke, 703-978-5600.

November 18. 11:00 a.m. George Mason Regional Library, 7001 Little River Turnpike, Annandale, 703-256-3800.

November 21., 10:30 a.m. Chantilly Regional Library, 4000 Stringfellow Rd., Chantilly, 703-502-3883.

December 17. 2:00 p.m. Woodrow Wilson Library, 6101 Knollwood Dr., Falls Church, 703-820-8774.

Wakefield Chorale Needs Singers

The Wakefield Chorale, a group that shares a love for performing all kinds of music in a friendly atmosphere, is looking for men and women for its 2005 fall and winter singing season.

All rehearsals will be on Tuesdays evenings, from 8:00-10:00 p.m., at Falls church High School, 1721 Jaguar Trail, Falls Church. For more information, please call Dale Clark at **703-938-8044.**

Monthly Support Groups

* **Amputee Support Group of Northern Virginia.** Meets on the 1st Tuesday of the month, 7:30-9:00 p.m., at the Telestar Court Building, 2990 Telestar Ct., Gemini Room, Falls Church. Contact Irvin Axelrod at **703-222-7120** or asgnva@earthlink.net.

* **Fibromyalgia/Arthritis Support Group.** Meets on 2nd Tuesday of the month, 1:30 p.m., at the Pohick Library, 6450 Syn-denstricker Road, Burke. Call Barbara at **703-913-0890**.

* **Mended Hearts Support Group.** Meets on the 1st Wednesday of the month, 7:30-9:00 p.m., at the Telestar Court Building, 2990 Telestar Ct., Gemini Room, Falls Church. Contact John Braddon at **703-385-9694** or jbraddon@cox.net.

* **Neuropathy Organization of Northern Virginia.** Meets on the 2nd Saturday of the month, 1:30-3:30 p.m., at 2990 Telestar Court, Falls Church. Call Mary Baldridge at **703-491-6690**, or Joanne Holman at **703-998-8143**.

* **Northern Virginia Post-Polio Support Group.** Meets on the 2nd Saturday of the month, 10:30 a.m.-12:00 p.m., at the Mason Government Center, Annandale. Call **703-560-8852**.

* **Northern Virginia Support Group of the Well Spouse Foundation (WSF).** The WSF supports spousal caregivers for the chronically ill or disabled.

The evening group meets on the 3rd Monday of the month, 7:00-9:00 p.m., in the conference room at Supervisor Bulova's office, 9002 Burke Lake Road, Burke (adjacent to the Kings Park Library). Call **703-425-2430**.

The daytime group meets on the 3rd Monday of the month, 12:00-2:00 p.m. in the conference room of the Kings Park Library, 9002 Burke Lake Road, Burke. Call **703-691-0969**.

* **Parkinson's Disease Care Partners Support Group.** Meets on the 3rd Wednesday of the month, 7:30 p.m., at Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Call **703-891-0821**.

Grief Support Groups

* The **Church of the Nativity**, at 6400 Nativity Lane, Burke, sponsors two monthly grief support groups:

1. General Bereavement Support Group. Meets the 1st and 3rd Thursday of the month, 7:30-9:00 p.m. Call Carol Mack at **703-455-2400**.

2. Grief Support Group for Men. Meets the 2nd Thursday of the month, 7:30-9:00 p.m. Call **703-455-2400, Ext 234**.

* **Haven of Northern Virginia**, at 4606 Ravensworth Road, Annandale, has two ongoing groups:

1. Widow/Widower Support Groups. One group meets on the 1st and 3rd Thursday of the month, 2:00-3:30 p.m. The other group meets on the 2nd and 4th Tuesday of the month, 7:30-9:00 p.m.

2. A Suicide Survivors' Support Group. Meets on the 1st Tuesday of the month, 7:30-9:00 p.m.

Call **703-941-7000** or go to www.havenofnova.org.

Caregiver Support Group

* **Caregiver Support Group.** Meets on the 2nd and 4th Saturday of the month, 1:00-2:30 p.m. Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke. Call **703-451-8631** or jjclement@earthlink.net.

CAREGIVER'S RETREAT

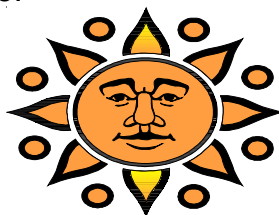
October 26, 2005

9:30 a.m.-1:30 p.m.

The Shepherd's Center of Oakton-Vienna and the Alzheimer's Family Day Center are offering a special day of rest and relaxation for older adult caregivers. Lunch, massage, entertainment, and a speaker are included at no charge.

The retreat will be held at the Church of the Good Shepherd United Methodist, 2351 Hunter Mill Road, Vienna.

To register, call the Shepherd's Center at **703-281-0538**.



Fire Safety for Older Adults

Every year home fires kill or injure thousands of people and cause hundreds of millions of dollars of property loss. Adults over age 65 are at a greater risk of being killed in a fire than any other age group. Many of these incidents can be prevented by following fire-safe practices.

Smoke Alarms

- Properly installed and maintained smoke alarms can double your chances of surviving a fire. Install smoke alarms on every level of your home and outside each sleeping area. Consider placing additional smoke alarms in bedrooms, especially those of smokers.
- Test smoke alarms monthly by pressing the test button as indicated in your owner's instructions. You may use a long stick such as a broom handle to activate the alarm.
- Clean the smoke alarm monthly by vacuuming with a hose attachment and soft brush tip. Removing dust and cobwebs will allow proper air flow through the vents.
- Replace the batteries in your smoke alarm annually. When you move your clocks back on October 30 is a good time.
- Replace smoke alarms that are more than 10 years old.

Bedroom

- Close bedroom doors when sleeping to provide a barrier from smoke and fire.

Kitchen

- Never leave cooking unattended. The kitchen is where most home fires begin.
- Turn pot handles away from the edge of the stove so they won't be bumped or pulled over.
- Wear short, tight-fitting, or rolled-up sleeves when cooking to avoid catching your clothes on fire.
- If your clothes catch on fire, **DO NOT RUN!** Stop moving, drop to the ground, and roll back and forth while covering your nose and mouth with your hands, until flames are extinguished.
- In microwave ovens, use only containers approved for microwave use.
- Stoves and ovens should be kept free of

grease at all times. If a fire should occur, turn the stove off and carefully slide a pan lid over the pan to smother the flames. Leave the lid on until the pan cools.

- Unplug small appliances such as coffee makers and toasters when not in use.
- Keep glasses, walking aids, and any other items you may need to exit your home in the middle of the night next to your bedside.
- **NEVER** smoke in bed.
- Space heaters should be placed at least 3 feet from bedding, furniture, and draperies. Purchase one that has an automatic shutoff.

Living Room

- Keep electrical cords well maintained. Inspect them regularly and replace any that are frayed, cracked, or otherwise damaged.
- Avoid using extension cords. Have a licensed electrician install additional outlets. If you must use extension cords, do not run them under carpets or across doorways.
- Plug in no more than two appliances in an electrical outlet.
- Provide large, deep ashtrays with a center support for smokers. Check furniture for any dropped ashes before going to bed. Empty ashes into a fireproof container with water and sand.
- Keep matches and lighters out of reach of children.

Escape Planning

- Plan and practice your escape route. Make sure everyone has two ways out of every room.
- If you live in an apartment building, count the number of doors between your apartment and the two nearest exits.
- Remember that smoke rises. The cleaner, fresher air is close to the ground. Stay low. Crouch down or crawl on your hands and knees and make your way to the nearest exit.
- Do not open any doors until you have tested them first. Touch the door and the frame with the back of your hand. If they feel hot, **DO NOT OPEN**. If no heat is felt, crack the door and take a peek. If clear, make your way to your exit.

- If you have deadbolt locks that require a key to exit, leave the key in the lock. You will not find the key in the smoke of a fire. All security windows should have quick-release devices.
- Designate a meeting place outside where everyone can gather after escaping a fire. NEVER go back into a burning building. If you live alone, make sure a neighbor knows where you are at all times.
- Dial 9-1-1 from a neighbor's house to report a fire. **NEVER** stay in a burning building to call.
- If you do become trapped, stuff wet towels or sheets around the door frame and over vents to keep smoke out. If there is a phone in the room, dial 9-1-1 to let the fire department know where you are. Stay near a window and wave a bright-colored cloth or flashlight to signal your location.

The Fairfax County Fire and Rescue Department offers fire and life safety education programs as a public service to the citizens of Fairfax County. For more information, please contact the Public Information and Life Safety Education Section at **703-246-3801**, TTY 703-385-4419, or visit the Web site at www.fairfaxcounty.gov/fire.

Fire Prevention Week—October 9-15
OPEN HOUSE AT ALL
COUNTY FIRE STATIONS
OCTOBER 15, 10:00 A.M.-4:00 P.M.

Don't Forget!!!

- ⊛ Replace your smoke alarm batteries annually.
- ⊛ Test them every month.

You Could Save Your Life!



VOLUNTEER OPPORTUNITIES

One of the best ways to spend your time is to volunteer. Everyone benefits from volunteering. The agencies receive the help they need, and the volunteers receive satisfaction from helping others.

Coppermine Place in Herndon is an independent living complex for low-income seniors. Volunteers are needed to lead classes in computer training, recreational activities, arts/crafts, and physical exercise. Call Sharon Flanagan at **703-793-0336**.

The **Fairfax Area Agency on Aging and Adult and Aging** have started a new initiative called Cluster Care that serves adults age 18 and over (including seniors). The program provides grocery shopping, transportation, light housekeeping, seasonal yard work, friendly visits, and other services. Call Trina Webb at **703-324-5184**.

The **Fairfax County General District Court** has volunteer opportunities for interviewers, administrative support, filing, and a receptionist. A commitment of 4 hours per week is requested. Bilingual volunteers also are needed. Training is provided, and schedules are flexible. Call Lorraine Lottahall at **703-246-4760**.

Haven of Northern Virginia is seeking volunteers to provide emotional support to the bereaved, the seriously ill, the dying and their families and friends. Volunteers may work from home and must be available during weekdays and commit to a minimum of 2½ hours/week for at least 1 year. Training is provided. Call **703-941-7000**.

The **Volunteer Learning Program (VLP)** is a joint community project of the Fairfax County Public Schools (Adult & Community Education), Fairfax County Juvenile Court, and the Fairfax County Public Libraries. VLP trains tutors, assesses learners, and provides materials with follow-up support. Volunteers are needed for day and evening hours to work one-on-one with adult learners in public libraries or adult learning centers. Call **703-246-2139** or e-mail VLP@fcps.edu.

To have a volunteer opportunity considered for this column, please contact Retha Lockhart. E-mail: retha.lockhart@fairfaxcounty.gov; Fax: 703-449-8689; or phone: 703-324-5407.

CAREGIVER'S CORNER

GRANDPARENT SUPPORT GROUPS

In the United States, 2.4 million grandparents are raising approximately 6 million of their grandchildren. It is estimated that in Virginia, about 108,000 children are being raised primarily by their grandparents. There is increasing information in academic literature about the stress caused when grandparents or other relatives, regardless of age, take on the responsibility of raising grandchildren. For many, this was to be a time of advancing a career, enjoying retirement or catching up financially after years of mortgage-paying. But these family members love and care about the next generation, and are willing, against many odds, to take on the responsibility of child-rearing when the parents are unable.

The Fairfax County Department of Family Services and the Fairfax County Public Schools will continue sponsoring two support groups for grandparents and other relatives raising grandchildren that began last fall. The groups have been a place where numerous families have shared their stories and their concerns. After a summer break, the groups will begin again in October.

■ A group will meet at the Reston Senior Clubhouse at the North County Government Center, 1850 Cameron Glen Drive, Reston. It will meet from 7:00-8:30 p.m. on Tuesdays, October 4 and 18; November 1 and 15; December 6 and 20, 2005; and January 3 and 17, 2006.

■ A group will meet at the Bryant Alternative High School, 2709 Popkins Lane, Alexandria. It will meet from 7:00-8:30 p.m. on Thursdays, October 6 and 20; November 3 and 17; and December 1 and 15, 2005; and January 5 and 19, 2006. Attendees should use the school parking lot and enter by the lower entrance on the Popkins Lane side of the school.

Childcare is provided by persons hired by Fairfax County Public Schools, at no charge to attendees. Call Robin Hamby, Family Services

and Involvement Section, at **703-277-2640**, if you plan to attend and if you plan to bring a child or children. (TTY 703-449-1186.)

The groups will be led by Fairfax County employees. There is time for sharing experiences and resources. At times, there will be guest speakers on issues of common concern.

Share this information with someone you know who may be able to join the group. For more information, call Robin Hamby, **703-277-2640**, or Betsy Pugin, **703-324-5401**, at the Fairfax Area Agency on Aging.

Correction to Lincolnia Waiting List Announcement

The income criteria was incorrect in the September *Golden Gazette*. The Lincolnia Assisted Living waiting list will be open until November 14, 2005. To be eligible for the waiting list, you must be 55 years of age or older, a current resident of Fairfax County or the Town of Herndon, and have an income no greater than \$34,450 (corrected number) for one person.

There are two ways to get on the list:

1. Contact your current Human Services worker (if you have one) and ask to be placed on the waiting list.
2. If you have no Human Services worker, call **703-222-0880**, TTY **703-449-1186**, and ask to be put on the list.

Need Healthy Adults 65 & Older

The ARCH Lab at George Mason University, Fairfax campus, seeks healthy adults 65 and older to participate in behavioral studies on memory and attention. Volunteers will be compensated \$15/hour for 3-5 hours of testing. Call **703-993-9491** and press 1 for the Genetics Study. Please leave your name, age, and phone number.

COMMUNITY CALENDAR

October 6, 13, 20, 27. 12:30-1:30 p.m. Music Appreciation. Join local musician/teacher, Gloria Sussman, as she explains historical references/musical nuances of some of the world's most famous classical compositions. Bring a bag lunch if you wish. Reston Community Center Lake Anne, 1609-A Washington Plaza, Reston. 55 and older; \$5 resident; \$10 nonresident. **703-476-4500**. www.restoncommunitycenter.com.

October 7, 8, 9. 6:00-9:00 p.m. Fall Wine Festival & Sunset Tour. Enjoy live blues and spectacular views while sampling wine from 16 Virginia wineries. Candlelight tour of mansion. Mount Vernon Estate and Gardens, at south end of George Washington Memorial Pkwy. Adults, \$11; seniors, \$10.50. **703-780-2000**. www.mountvernon.org.

October 8. 10:00 a.m.-2:00 p.m. The Treasure Shop, at Vinson Hall, a military retirement community, will donate its day earnings to the Vinson Hall Foundation Scholarship Fund. 6251 Old Dominion Dr., McLean. **703-970-3722**.

October 15. 9:00 a.m.-2:00 p.m. Mega Craft Sale. Features 40+ crafters, huge silent auction, bake sale, door prizes, and lunch. Hollin Hall Senior Center, 1500 Shenandoah Rd., Alexandria. **703-765-4573**.

October 18. 7:30 p.m. Supreme Decisions. A Washing-

ton Post reporter will talk about the U.S. Supreme Court, the cases before the Court this term, and the impact of the new Court. Sherwood Regional Public Library, 2501 Sherwood Hall Lane, Alexandria. To register, call **703-765-3645**.

October 22. 2:00 p.m. Book Collecting & Appraisals. Learn what your treasures are worth! Second Story Books will appraise one book per person. Reston Regional Library, 11925 Bowman Towne Dr., Reston. To register, call **703-689-2700**.

October 22. 8:00 p.m. Choralis, led by Artistic Director Gretchen Kuhrmann with guest conductor Dr. Andre Thomas, presents *Our American Tradition*, featuring choral works by American composers (Bernstein, Billings, Thompson, etc.) plus songs from our gospel and African American spiritual tradition. Falls Church Presbyterian Church, 225 East Broad St., Falls Church. Tickets: premium, \$30; regular, \$25; student/senior, \$20. Call **703-237-2499**. www.choralis.org.

October 24 & 31. 11:00 a.m. - 1:00 p.m. Square Dancing With Dance Caller Mac McCoy. Two sessions of an easy-to-follow dance routine. Vienna Community Center, 120 Cherry St., SE, Vienna. \$20 resident; \$25 nonresident. To register, call **703-255-6360**. www.ci.vienna.va.us.

October 29. 10:30 a.m. Fall Garden Tour. Enjoy the bril-

liant fall color on this free walk with Chief Horticulturist Doris Rodriguez. Meadowlark Gardens, between Routes 7 and 123, off Beulah Rd. Reservations recommended. Call **703-255-3631**. www.meadowlarkgardens.org.

CAREGIVER SEMINARS

As featured in the September *Golden Gazette*, the seminars for caregivers of older adults are continuing at various times and locations. The full schedule is posted on the Web site at: www.fairfaxcounty.gov/service/aaa. To sign up, call **703-324-5205** (TTY 703-449-1186) and leave the requested information. There is no charge. Advance sign-up is not required, but suggested. Here's an additional seminar of the series that was not listed:

Tuesday, November 15. 1:30-3:00 p.m.

Humor for the Caregiver's Soul: Surviving the Holidays. Presented by Sue Stone. Alzheimer's Family Day Center, 2812 Old Lee Highway, Ste. 210, Fairfax. For directions, call **703-204-4664**.

**TO ADD, CORRECT, OR DELETE
YOUR NAME FROM
OUR MAILING LIST,
CALL 703-324-5633.**